

**ABSTRACT**

A portable calf stretcher is provided having a base plate which is arranged to be supported on the ground. A foot plate and an adjustable support plate are pivotally mounted on opposing ends of the base plate. The adjustable support plate is arranged to support the foot plate above the base plate at any one of numerous fixed angles therebetween. A person positions one foot on the foot plate and leans forward for isolating and stretching the corresponding calf muscle. The foot plate is pivoted flat against the base plate in a storage position.

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